What’s Inside?

There’s a lot of content in this month’s Pedaler. It didn’t leave all that much to overflow into The Pedaler Plus. Here’s what we have:

- Doggone it. I came across these pictures….
- A ride report and pictures of the James River Tour Ride
- Additional information about the clubs partnering with RABA to offer joint clinics and workshops about cycling, swimming and running. See page 7 of the Pedaler for the announcement. The clubs are Team Nature’s Path, the Richmond Triathlon Club, and Richmond Pro Cycling.
- An enhanced Ride Calendar and Event Calendar showing what’s happening each day of the month, formatted so you can print it out, check-off, and keep track of your mileage.
- The Weekly Ride Descriptions.
- An 8 1/2”x11” calendar for March showing all the RABA scheduled rides and their starting times. Note the new weekly rides and some of the starting time changes.

Carl Armstrong and some of the rest of the group, “portaging” their bikes over some railroad tracks encountered along his and Barbara’s James River Tour. See page 3 for more details

Request for Submissions

If you have or come across anything that is cycling related and you think might be of interest to club members, and could go in either The Pedaler or particularly The Pedaler Plus supplement, please send it to me at rrichhalle@verizon.net. Also let me know if there’s anything you’d like to see.
**IS RABA GOING TO THE DOGS?**

**I THOUGHT THAT HAND WOULD HAVE A DOG TREAT IN IT!**

Dave Talley meets Fred, the friendly bloodhound we see at Yowell and Blanton Rds, outside of Ashland.

**WHO’S LEAD DOG AROUND HERE? ME!**

**WHY DOES SHE GET THE COOL HAT?**

A “Doggie Bag” decorates a bike that took part in the Northside Mardi Gras Parade.

**I FEEL STUFFED...)**

**IT’S PRETTY CLOSE, BUT I WISH MY TOWEL WAS CAROLINA BLUE!**

Bailey is in his Burley as the Archers get ready for a family outing.

**YOU DECIDE**
How many times have you heard about something and you’ve told yourself, “You know, one of these days I’m going to take a closer look at it?” And then time passes and you just never get around to doing it. Well, that was certainly the case with me with many of the sights we came across on Carl and Barbara Armstrong’s February 17 James River Tour Ride.

A group of more than 20 riders met at the Belle Isle parking area on an often overcast, but fairly warm, day. The 17 mile route had us seeing the sights and meandering along both sides of the river and climbing up to Libby Hill and Chimborazo Parks.

We ended up seeing the Pipeline Overlook, Chimborazo Park, Great Shiplock Park, the future western terminus of the Capital-to-Cap Trail, and Ancarrow’s Landing. We rode along the path on top of the south bank’s floodwall, the shoreline trail at Reedy Creek, and, finally, all around Belle Isle.

The rain held off until we returned to the parking lot. Many of us ended the ride with an excellent lunch at nearby Legends Brewing Co. You might remember that was the start and end point of last year’s scavenger hunt.

Thanks to Carl and Barbara for the great ride!
Team Nature’s Path

Team Nature’s Path was founded in 2006 by a group of local bicycle enthusiasts who had a passion to share their love of cycling, racing and active lifestyles. Our members are active at all levels of cycling, have a wide range of professional backgrounds and maintain strong ties to the Richmond Virginia Community. In 2007 we grew to over 100 members who share a common vision:

To Promote Bicycle Racing in Central Virginia and to Provide an Open Environment in Which to Learn About Bicycle Racing and Improve Performance.

Club benefits include:

- Member Savings Discounts: (new discounts added frequently, check website for more information)
- Affiliation and sponsorship support from local bike shops, retailers, and medical professionals
- Extensive Rider Network of over 120 members sharing a common interest in cycling
- Race Reimbursement for qualified members
- Regular group rides focusing on training
- Cycling clinics focused enhancing fast paced group riding and racing techniques
- Support for beginning racers
- Regular club meetings and social events

Membership is $25 per year and includes a $20 discount on team clothing. For more information please go to http://www.teamnaturespath.com

Richmond Triathlon Club

Founded in 2000 and now the seventh largest registered tri club in the nation, the Richmond Triathlon Club’s mission is based on three core fundamentals: Camaraderie, Exposure and Excellence. Our goal is to convert the intimidated and challenge the bold by increasing awareness and the growth of multisport through group training, clinics, expert resources, races and newcomer orientations. We provide an outlet for athletes to share experiences through social events, presence at races, celebrating each others’ accomplishments and participating in the community.

$25 ($40 family) per year includes:

- Regular skills clinics hosted by regionally and nationally recognized experts
- Free access to sports medicine and chiropractic screenings
- Twice-monthly publication of the TriNews, to keep you informed of multisport happenings at the local level
- Monthly coached group swim workouts
- Access (uncoached) to swim lanes at ACAC Fitness and Wellness Center, one day of every week
- Access to the the Richmond Triathlon Club’s year-round wetsuit rental program
- Enjoyment of regular socials and race day tailgates
- Access to the the Richmond Triathlon Club’s group workout schedule, ranging from track workouts to cycling time trials to open water swims
- Discounts of 10-20% (or more) on products and services of club sponsors

For more information please go to http://www.richmondtriclub.com

Richmond Pro Cycling

For the triathlete, the ride is being out there alone against the clock, pumping out the highest sustainable power and hoping to still have something left in the legs for the run. The bike leg constitutes the majority of time spent in one activity and time gains or losses on the bike are disproportionately important. A mere 1 mph decrease in average speed in an Ironman can cost over 20 minutes (and just try making those 20 minutes up on the run). Contrast that with the pure cyclist: with teamwork and drafting, he’s elbow-to-elbow with his competitors, evaluating strategies, picking opportunities to burn and to recover. The winner is the one who best uses his own strengths and his opponent’s weakness.

While the race tactics of the triathlete and pure cyclist are very different, the strength and drive needed to succeed are the same. Still, many triathletes hesitate to get involved in road cycling even though the benefits of riding and training with experienced riders are many: you get faster, improve your bike handling skills and just plain have fun.

A new professional cycling team is hoping to break down barriers between cyclists and triathletes. Richmond Pro Cycling is the brainchild of Craig Dodson and Sarah Caravella, two seasoned professional cyclists who have recently settled in Richmond. The team, originally founded three years ago as Nature's Path Pro-Am Cycling, was ranked 2nd nationally for semi-professional cycling teams.

Richmond Pro Cycling’s team structure ties top-level professionalism (currently 7 members) with youth development programs and widespread community involvement efforts. Look for RPC’s support and participation in clinics and workshops for TNP, RABA and RTC members throughout 2008!

For more information go to http://www.richmondprocycling.com.
Ride Captain- Monthly Rides: Hugh Aaron, 690-9720, hugh@theaarons.com
Ride Captain- Weekly Rides: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com
Fast Ride Captain: Kim Moore, 358-0935, luvs2cycle@yahoo.com
Off-Road Ride Captain: Andrew Mann, 266-9048, rabamann@aol.com

New Riders: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.
Ride Leaders: Please submit ride sheets to statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Rides offering a casually paced group/leader are indicated by the icon
Ride times listed are departure times.
**Check RABA or Ridefinder E-mail distribution lists for latest updates**

### Fast Rides

There are no fast rides for this month – a schedule will be coming out in April as the riders will be coming out of indoor and solo training.

### Off Road Rides

No off-road rides are listed in *The Pedaler* this month but this doesn’t mean that there aren’t going to be any. Because of the variable weather this time of year, Andrew Mann and the ride leaders are going to wait until Wednesday or Thursday of each week and then decide whether Saturday or Sunday would be the best day for a ride.

At that point a message will be sent out to via the RABA and Ridefinder E-mail distribution lists. Be on the lookout for that.

Get in touch with Andrew Mann at 266-9048 or rabamann@aol.com if you have any questions.

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Distance</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 1</td>
<td>8:30-9:00 AM</td>
<td>The Ashland Breakfast Club (ABC)</td>
<td>Miles</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Joe Hazel, 306-4500</td>
</tr>
<tr>
<td>Description</td>
<td>This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.</td>
<td></td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 1</td>
<td>11:30 AM-12:00 PM</td>
<td>The Ashland Lunch Club (ALC)</td>
<td>Miles</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Jeanne Minnix, 594-0842</td>
</tr>
<tr>
<td>Description</td>
<td>It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>March 2</td>
<td>9:00 AM</td>
<td>Dim Sum Sunday Ride</td>
<td>Miles</td>
<td>32</td>
<td>13-18</td>
<td>1</td>
<td>Champe Burnley, 358-5801 or <a href="mailto:champe_burnley@hotmail.com">champe_burnley@hotmail.com</a></td>
</tr>
<tr>
<td>Description</td>
<td>This is a social paced ride to Ashland followed by a return to the Full Kee Restaurant for lunch, enjoying the best Dim Sums and Chinese soups in town. If you aren't familiar with Dim Sum, this is the name for a Chinese cuisine which involves a wide range of light dishes served alongside Chinese Tea. It can include dishes based on meat, seafood, vegetables, as well as desserts and fruit. Please bring a bike lock to secure your bike during lunch. Directions: Meet at Full Kee Restaurant at 6400 Horsepen Road. Please park in the very back of the parking lot or on the street.</td>
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</tbody>
</table>

(Continued on page 6)
March, 2008 Ride and Event Calendar

(Continued from page 5)

March 2-March 7 Weekly Rides

☐ Sunday, 1:00 PM  Powhatan Courthouse
☐ Sunday, 2:00 PM  East End-Dorey Park Ride
☐ Monday, 9:00 AM  Mondays with Mary
☐ Tuesday, 2:00 PM  Tuesdays at Rockville
☐ Wednesday, 9:30 AM  Retiree’s Midweek Ride and Lunch
☐ Wednesday, 7:00 PM  Ashland Dinner Club
☐ Thursday, 1:00 PM  Hanover Courthouse Lunch Ride
☐ Friday, 10:00 AM  Fridays at Hylas

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

☐ March 8 (Saturday), 8:30-9:00 AM  The Ashland Breakfast Club (ABC)

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>Varies</td>
<td>All speeds</td>
<td>Few/Gentle</td>
<td>Some</td>
<td>Alan Cooper, 231-1997</td>
</tr>
</tbody>
</table>

Description: This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

☐ March 9 (Sunday), 10:00 AM  Pamunkey River Ride – Short Version

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>17 to 19</td>
<td>Some/Moderate</td>
<td>One</td>
<td>Wayne Flood, 804-641-0556 or <a href="mailto:Sept1Flood@comcast.net">Sept1Flood@comcast.net</a></td>
</tr>
<tr>
<td>30</td>
<td>12 to 14</td>
<td>Some/Moderate</td>
<td>One</td>
<td>Susan Curtis, 973-886-0029 or <a href="mailto:susan.curtis@att.net">susan.curtis@att.net</a></td>
</tr>
</tbody>
</table>

Description: Join Wayne and Susan for a scenic country ride through northern Hanover and King William County. There will be optional store stop at around 27 miles.

Directions: Meet in the faculty parking lot of Rural Point Elementary. From Richmond take 301 North past I-295. About 3 miles north of I-295, turn right at Shady Grove. Turn left at the first light, Studley Road. Rural Point Elementary is on the right before the intersection at Rural Point Road.

☐ March 9 (Sunday), 12:00 PM  Training Ride with the Rostello presented by Fiorucci Team

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16 to 18</td>
<td>Few/Gentle</td>
<td>None</td>
<td>Mark Pye, 804-393-0382 or <a href="mailto:mpye@cycorsports.org">mpye@cycorsports.org</a></td>
</tr>
</tbody>
</table>

Description: Join Mark for a training/recovery ride with the Rostello presented by Fiorucci Cycling Team (http://cycorsports.org/cms/).

(Continued on page 7)
This is the first of what Mark hopes will become a monthly training series at various locations and times. The intent will be to bridge the gap between recreational riders and racers. This ride will offer training on paceline skills, bike fit, tactics and group riding skills. If you need food and fluids for two hours, bring it. The ride will regroup only if and when needed. Please contact Mark directly with any questions.

**Directions:** This ride starts at Dorey Park in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave. South, turn right at the ramp and drive south to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

March 9-March 12 Weekly Rides

- **Sunday, 1:00 PM** Powhatan Courthouse
- **Sunday, 2:00 PM** East End-Dorey Park Ride
- **Monday, 9:00 AM** Mondays with Mary
- **Tuesday, 2:00 PM** Tuesdays at Rockville
- **Tuesday, 5:30 PM** Hanover Courthouse Preseason Training Ride
- **Wednesday, 9:30 AM** Retiree’s Midweek Ride and Lunch
- **Wednesday, 7:00 PM** Ashland Dinner Club

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

**March 12 (Wednesday), 5:00-6:45 PM (Social), 7:00 PM (Presentation) RABA Meeting**

Come to the Capital Ale House at 623 E. Main St for a social hour plus and then go to the VHDA Cafeteria at 601 S. Belvedere St. for a RABA business meeting as well as a presentation about the Capital to Capital Century, Bike Virginia, and the MS 150. See pages 1 of The Pedaler for additional information.

March 13-March 14 Weekly Rides

- **Thursday, 1:00 PM** Hanover Courthouse Lunch Ride
- **Thursday, 5:30 PM** Glen Allen Options Preseason Training Ride
- **Friday, 10:00 AM** Fridays at Hylas

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about these repeating weekly rides.

**March 15 (Saturday), 8:30-9:00 AM The Ashland Breakfast Club (ABC)**

Miles Pace Hills Store Stops Leader
Varies All speeds Few/Gentle Some Hugh Aaron, 690-9720

**Description:** This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

**March 15 (Saturday), 11:30 AM-12:00 PM The Ashland Lunch Club (ALC)**

Miles Pace Hills Store Stops Leader
Varies All speeds Few/Gentle Some Debbie Gleason-Morgan,755-3039

**Description:** It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more for information about this repeating weekly ride.

**March 16 (Sunday), 10 AM Maidens Landing Adventure Ride**

Miles Pace Hills Store Stops Leader
38.7 17 to 19 Some/Steep One Bobby Weitzel, bobby23227@gmail.com
35 12 to 13 Some/Steep One Susan Curtis, 973-886-0029 or susan.curtis@att.net

**Description:** This ride features beautiful country roads and one stop at the Country Corner Grocery Store at 18 miles. The longer route

(Continued on page 8)
March, 2008 Ride and Event Calendar

(Continued from page 7)

has two crossings of the James River. The hill after you cross over the James River for the first time is a real leg buster. The shorter route stays entirely south of the river. Cue sheets will be provided.

**Directions:** To get to the Maidens Boat Landing starting point from Richmond, take Rt. 6 (Patterson Avenue, eventually becomes River Road) west to Rt. 522 (approximately 18 miles from the intersection of Patterson and Gaskins). Turn left on 522 and go south approximately one mile to the boat landing entrance on your right after you cross the bridge. Alternatively, if you prefer the Interstate, you can get to the landing by taking I-64 to the Oilville exit (#167) where you should go left (south) on Oilville Rd (Rte 617) for 0.4 miles, then right (west) on Broad St Road (Rte 250) for 0.8 miles, then left (south) on Fairground Rd (Rte 632) for 3.5 miles, then left (south) on Maidens Rd (Rte 634) for 2.5 miles, then straight (south) on U.S. 522 for 0.9 miles, looking for the landing off to your right after you cross the bridge over the James.

## March 16-March 21 Weekly Rides

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
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<th>Miles</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>1:00 PM</td>
<td>Powhatan Courthouse</td>
<td>Kim and Mike Moore</td>
<td>Miles</td>
</tr>
<tr>
<td>Sunday</td>
<td>2:00 PM</td>
<td>East End-Dorey Park Ride</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Monday</td>
<td>9:00 AM</td>
<td>Mondays with Mary</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Tuesday</td>
<td>2:00 PM</td>
<td>Tuesdays at Rockville</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Tuesday</td>
<td>5:30 PM</td>
<td>Hanover Courthouse Preseason Training Ride</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:30 AM</td>
<td>Retiree's Midweek Ride and Lunch</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:00 PM</td>
<td>Ashland Dinner Club</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Thursday</td>
<td>1:00 PM</td>
<td>Hanover Courthouse Lunch Ride</td>
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<td>Miles</td>
</tr>
<tr>
<td>Thursday</td>
<td>5:30 PM</td>
<td>Glen Allen Options Preseason Training Ride</td>
<td></td>
<td>Miles</td>
</tr>
<tr>
<td>Friday</td>
<td>10:00 AM</td>
<td>Fridays at Hylas</td>
<td></td>
<td>Miles</td>
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See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

### March 22 (Saturday), 8:30-9:00 AM

#### The Ashland Breakfast Club (ABC)

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<tr>
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<th>Hills</th>
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</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Varies</td>
<td>Some</td>
<td></td>
<td>Kim and Mike Moore</td>
</tr>
</tbody>
</table>

**Description:** This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

### March 22 (Saturday), 11:30 AM-12:00 PM

#### The Ashland Lunch Club (ALC)

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Varies</td>
<td>Some</td>
<td></td>
<td>Debbie Gleason-Morgan, 755-3039</td>
</tr>
</tbody>
</table>

**Description:** It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

### March 23 (Sunday), 10AM

#### Easter Spring Ride

<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>52</td>
<td>15+</td>
<td>Some/Moderate</td>
<td>Two?</td>
<td>Jim Denoon, 804-370-6252 or <a href="mailto:delaniewdeno@verizon.net">delaniewdeno@verizon.net</a></td>
</tr>
<tr>
<td>37</td>
<td>12 to 14</td>
<td>Some/Moderate</td>
<td>One?</td>
<td>Marc Lipschultz, 215-460-5810 or <a href="mailto:marcclips@gmail.com">marcclips@gmail.com</a></td>
</tr>
</tbody>
</table>

**Description:** Join Jim and Marc for a scenic ride through eastern Henrico County. Although there are a few hills, both routes are mostly flat and quite rural. Both routes offer a store stop at 18 miles. The longer route offers a second store stop at 41 miles. Keep in mind, however, that this is Easter Sunday. It is possible that one or both of the stores will be closed. Please plan accordingly.

**Directions:** The ride will start from Portabello's Restaurant in the Varina Food Lion Shopping Center on Route 5 in Varina. From I-295, take the Varina Exit on to New Market Road; go approximately 1 mile; the Food Lion shopping center will be on the left. From I-64, take the South Laburnum Ave Exit; go approximately 5.5 miles to New Market Road; turn left and the shopping center will be on the right in 2.3 miles. From I-895, take the Laburnum Ave Exit; turn right on New Market and the shopping center will be on the right in 2.3 miles. Park behind the restaurant, which is located just to the left of the Food Lion.

(Continued on page 9)
March 23-March 28 Weekly Rides

- **Sunday, 1:00 PM** Powhatan Courthouse
  - Miles

- **Sunday, 2:00 PM** East End-Dorey Park Ride
  - Miles

- **Monday, 9:00 AM** Mondays with Mary
  - Miles

- **Tuesday, 2:00 PM** Tuesdays at Rockville
  - Miles

- **Tuesday, 5:30 PM** Hanover Courthouse Preseason Training Ride
  - Miles

- **Wednesday, 9:30 AM** Retiree’s Midweek Ride and Lunch
  - Miles

- **Wednesday, 7:00 PM** Ashland Dinner Club
  - Miles

- **Thursday, 1:00 PM** Hanover Courthouse Lunch Ride
  - Miles

- **Thursday, 5:30 PM** Glen Allen Options Preseason Training Ride
  - Miles

- **Friday, 10:00 AM** Fridays at Hylas
  - Miles

See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about these repeating weekly rides.

- **March 29 (Saturday), 8:30-9:00 AM** The Ashland Breakfast Club (ABC)
  - Miles

- **March 29 (Saturday), 11:30 AM-12:00 PM** The Ashland Lunch Club (ALC)
  - Miles

- **March 30 (Sunday), 1 PM** Bald Eagle Ride
  - Miles

Description:

**March 29 (Saturday), 8:30-9:00 AM**

This is RABA’s basic Saturday ride. The route goes from Laurel Park Shopping Center at the intersection of Hungary and Woodman Roads to Ashland but offers a wide variety of options to suit riders of all interests and skill levels. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

**March 29 (Saturday), 11:30 AM-12:00 PM**

It’s the same as the ABC above but it starts a little later so the temperatures can warm up. See the Weekly Ride Descriptions section following the Ride and Event Calendar for more information about this repeating weekly ride.

**March 30 (Sunday), 1 PM**

Meet at the Clements Middle School, near Prince George High School, at the intersection of Routes 156 and 616. From Richmond, go south on I-95 to Exit 47, Rives Road. East on Route 629 about three miles and turn right on Route 460, go about a quarter mile and make a left to get back on Route 629. Go three more miles and turn left on Route 156 - it is about one mile to the school on the left. Alternatively, go south on I-295 to Exit 3, then east on Route 460 about a half a mile to a left on Route 629, then left on 156 to the school as previously described.

Distance this Page: Miles

Total this Month: Miles + Total Previous Months: Miles = Total Year-to-Date: Miles
Weekly Ride Descriptions

Ride Captain - Weekly Rides: Brenda Hubbard, 740-3678, brenda_hubbard@yahoo.com.

NEW RIDERS: Please call the ride leader ahead of ride time to be sure that the ride will be at your pace and skill level.

RISE LEADERS: Please submit ride sheets to Statisticians Al and Lois Farrell, 4202 Hickory Nut Place, Midlothian, VA 23112 no later than 14 days after the ride to ensure that all riders get mileage credit.

Sunday, 1:00 PM

**Powhatan Courthouse**

<table>
<thead>
<tr>
<th>Miles</th>
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<th>Store Stops</th>
<th>Leader</th>
</tr>
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<tbody>
<tr>
<td>35 to 60</td>
<td>14+</td>
<td>Flat</td>
<td>Some</td>
<td>Barry and Martha Pullen, 561-3950</td>
</tr>
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</table>

**Description:** Meet at the Powhatan County Courthouse on Route 13. There are many nice rides from the Courthouse, mostly with good scenery and low traffic. The ride leaders will select a route that will vary between 35 and 60 miles. Usually there will be shorter options available, though they may not have any store stops along them. Maps and cue sheets will be available for those wishing to ride their own pace. If the weather is doubtful, call the ride leaders to confirm that they will be riding.

Sunday, 2:00 PM

**East End-Dorey Park Ride**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>16-19+</td>
<td>Some/Moderate</td>
<td>Some</td>
<td>Randy and Katy Rosemond, 966-5472, <a href="mailto:velosalaman@aol.com">velosalaman@aol.com</a>, Ron Corio, 643-6452, <a href="mailto:rcorio@vcu.edu">rcorio@vcu.edu</a></td>
</tr>
</tbody>
</table>

**Description:** This ride has routes and distances for intermediate and fast groups. Maps are available for riders who wish to ride a slower pace, preferably with a buddy. If the weather looks unfavorable, please contact one of the ride leaders by 11:00 AM on ride day to confirm status.

**Directions:** Dorey Park is in eastern Henrico County. Take I-64 East from Richmond to Exit 195-Laburnum Ave. South, turn right at the light and drive to the stoplight at Darbytown Road. Turn left on Darbytown, drive about a mile and turn right into Dorey Park. The group meets in the first parking lot on the left near the Recreation Center (barn-like building) across from the soccer fields.

Monday, 9:00 AM

**Mondays with Mary**

<table>
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<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>30 to 40</td>
<td>16-18</td>
<td>Some/Moderate</td>
<td>Some</td>
<td>Mary Falterman, 741-2116, Barry Pullen, 561-3950</td>
</tr>
</tbody>
</table>

**Description:** The ride starts at a different location every week. The meeting place and start times are decided on Sunday evening at about 8:00 PM, depending on Mary, Barry, and Chris Walke’s schedules. Please contact one of the ride leaders on Sunday evening to get information about the upcoming ride.

Tuesday, 2:00 PM

**Tuesdays at Rockville**

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<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leader</th>
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</thead>
<tbody>
<tr>
<td>32/40</td>
<td>16-18</td>
<td>Many/Moderate</td>
<td>1 Steep</td>
<td>Bill Whitworth 285-9193, <a href="mailto:wwhitworth@reynolds.edu">wwhitworth@reynolds.edu</a>, Charlie Comly, 432-8542</td>
</tr>
</tbody>
</table>

**Description:** Come join us for a great ride through western Hanover and eastern Louisa. We leave from the Rockville Little League Fields. Cue sheets will be available.

**Directions:** Take the Rockville/Manakin exit off of I-64. Go right (North) at the top of the ramp onto Route 623 toward Ashland. Turn left at the first stoplight onto Pouncey Tract Rd. The Little League Fields are 3.8 miles to the left.

Tuesday, 5:30 PM (Starting March 11)

**Hanover Courthouse Preseason Training Ride**

<table>
<thead>
<tr>
<th>Miles</th>
<th>Pace</th>
<th>Hills</th>
<th>Store Stops</th>
<th>Leaders</th>
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<tbody>
<tr>
<td>28</td>
<td>18.5 to 20.5</td>
<td>Some/Steep</td>
<td>None</td>
<td>Hugh Aaron, 690-9720, <a href="mailto:hugh@theaarons.com">hugh@theaarons.com</a>, Andrew Mann, 266-9048, <a href="mailto:rabamann@aol.com">rabamann@aol.com</a></td>
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</table>

**Description:** With daylight savings time starting on March 9 this year, Hugh and Andrew are going to be leading a pre-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the route is quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep.

Because the route is fairly short with very few stop signs and no stop lights, many riders use this ride as an opportunity to join a pace line and push themselves a bit. However, we often have multiple groups riding anywhere between 12 and 22 mph. So, even if you want to ride slower or faster than the ride leaders, come on out. Chances are you will find a group riding at a pace you like. Cue sheets will be available for the usual 28 mile route, as well as alternate 21, 23 and 34 mile routes.

**Note:** Dee and Kathy will be starting the regular season Hanover Courthouse ride on April 1 at 6 pm.

**Directions:** Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

Wednesday, 9:30 AM

**Retiree’s Midweek Ride and Lunch**

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<th>Miles</th>
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Pedaler Plus 10 March, 2008
Weekly Ride Descriptions

Wednesday, 7:00 PM  
Ashland Dinner Club  
Miles  Pace  Hills  Store Stops  Leader  
20  13-15  Few/Gentle  None  Champe Burnley, 358-6697, champe_burnley@hotmail.com  
Description and Directions: This ride leaves from the Laurel Park Shopping Center at the corner of Woodman and Hungary Roads. We will ride to Ashland and stop for dinner at a selected restaurant. Afterwards, the group retraces the route back to Laurel Park for a total of 20 miles. The pace is generally relaxed so any type of bike is appropriate.

Remember to bring:
- at least one headlight which provides enough light to illuminate the road in front of you.
- at least one bright-red blinkie for the rear of your bike.
- spare batteries for all lights.
- lots of reflective clothing, vests, legbands, and/or armbands.

CHECK ALL LIGHTS AND BATTERIES BEFORE YOU GET TO LAUREL PARK.

Thursday, 1:00 PM  
Hanover Courthouse Lunch Ride  
Miles  Pace  Hills  Store Stops  Leader  
28  17-19+  Some/Steep  None  Bill Whitworth, 285-9193, wwhitworth@reynolds.edu  Hugh Aaron, 690-9720, hugh@theaarons.com  
Description: This is an off-season version of RABA’s well known Tuesday evening Hanover Courthouse ride. The route travels through portions of both Hanover and King William counties (both of which offer a lot of beautiful countryside). Most of the route is quite rural with relatively light traffic. However, there is a 2.6 mile leg on Route 30 which can be busy with fast moving traffic, including big trucks heading to and from the West Point paper mill. Riders should exercise extra precaution on Route 30. Much of the route is surprisingly flat; however, the route climbs both the front and back sides of Bleak Hill. Both climbs are fairly short; however, by Richmond-area standards, they are relatively steep.

The pace tends to vary depending on who shows up and how hard everyone feels like riding. Although Hugh and Bill typically ride the posted speed of 17 to 19+ mph (moving average), both slower and faster riders are welcome to ride at their own pace. We frequently have a slower paced group on these rides. So, if 17 seems a little too fast, come on out anyway. There is a good chance that there will be someone with whom you can ride. Cue sheets will be available for the usual 28 mile route, as well as alternate 21, 23 and 34 mile routes.

Directions: Meet in the Hanover Courthouse parking lot on the east side of Route 301, 10 miles north of where it crosses I-295.

Thursday, 5:30 PM (Starting March 13)  
Glen Allen Options Preseason Training Ride  
Miles  Pace  Hills  Store Stops  Leaders  
28  17 to 19  Few/Moderate  None  Jim Holgate, 672-6532, HolgateJim@aol.com  Hugh Aaron, 690-9720, hugh@theaarons.com  
Description: With daylight savings time starting on March 9 this year, Jim and Hugh are going to be leading a pre-season version of RABA’s well known Glen Allen Options Ride. While this ride typically has numerous route options (hence the name), due to the limited daylight in March Jim and Hugh plan to ride the 28 mile option during the preseason. The route is relatively flat, although it does include Fire Training Hill. As always, both slower and faster paced riders are welcome to ride separately or team up to create alternate pace groups. Cue sheets will be available from Jim and Hugh upon request.

Note: This preseason ride will end on March 27. The regular season Glen Allen Option Rides are scheduled to start on April 3. Please see the April Pedaler or RABA web site for information on the regular season rides, including start times and ride leaders.

Directions: The ride starts from Glen Allen Elementary School at 11101 Mill Road in Glen Allen. From I-295, take the Staples Mill Road/Route 33 exit (Exit 49B) and get on Staples Mill Road/Route 33 heading east towards Richmond. Turn left onto Mountain Road, then left onto Mill Road (there will be a fire station at the corner). The school will be on the right about 250 feet from the turn.

Friday, 10:00 AM  
Fridays at Hylas  
Miles  Pace  Hills  Store Stops  Leader  
25 to 40  16-18  Some/Moderate  Some  Dave Bloor, 285-6177  
25 to 40  14-15  Some/Moderate  Some  Jim Denoon, 355-0121  
Description and Directions: The ride will start and end at the Berea Baptist Church at the intersection of 623 (Ashland Road) and 271 (Pouncey Tract Road). To get there, take I-64 West to Exit 173 (Rockville/Manakin), go right (north) on 623 and travel 2.5 miles to the Berea Baptist Church on your right just before the intersection with 271. The ride will vary each week. Maps and cue sheets will be available for those wishing to ride at their own pace.
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<td>Ashland Breakfast 8:30 AM</td>
<td>Ashland Breakfast 9:00 AM Club (ABC) 11:30 AM Ashland Lunch 12:00 PM Club (ALC)</td>
<td>Ashland Breakfast 8:30 AM Club (ABC) 11:30 AM Ashland Lunch 12:00 PM Club (ALC)</td>
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**Note:** See www.raba.org or the February edition of *The Pedaler* or *Pedaler Plus* for ride descriptions and starting locations.

March, 2008